



Novel Influenza-A H1N1: *What we know...what you need to know*

What is H1N1 flu?

H1N1 Influenza is a respiratory disease caused by the type A influenza virus. This was originally called “swine flu” by the media. It is also sometimes referred to as “novel flu” or “Novel H1N1 virus”.

For most people, the virus presents with typical seasonal flu symptoms (sudden onset of fever, chills, sore throat, body aches, cough, runny nose), a self-limiting illness that does not require medical treatment. In others, especially those with asthma, heart disease, pregnancy, obesity or other underlying health conditions, it can become very severe, even fatal. H1N1 has also caused serious illness and death in some persons with no underlying health conditions.

Why are people concerned about H1N1?

The current strain is a new variation of an H1N1 virus, which is a mix of human and animal versions of H1N1 virus. The H1N1 flu viruses are different genetically from the human H1N1 viruses, and therefore humans lack immunity to protect against the H1N1 flu viruses. This virus has caused a pandemic (worldwide spread).

Is this pandemic a concern for Champaign County?

Yes. H1N1 is spreading much faster than other flu viruses have. It typically takes 6 months to achieve the spread accomplished by H1N1 in just 6 weeks.

H1N1 appears to be infecting young people in much higher numbers. The US numbers reported in May showed that 64% of the cases were in persons ages 5 to 24. Only 1% of the cases have occurred in persons over 65 years of age, but it can be very serious for older people who contract it. Currently, severe illness and deaths are in much younger people than those caused by seasonal flu.

It is important to understand that even if the case fatality rate in the US is the same as seasonal flu, 1 death per 10,000 sick with flu, which means that 36,000 would die. Unlike with seasonal flu, most of the deaths will be in persons younger than 65. These deaths will represent a significant increase in lethality in the non-elderly population.



A pandemic lasts 1-2 years. This means that H1N1 will be infecting people and causing illnesses and deaths during this time. Pandemics come in waves which typically last 12 weeks. This means that Champaign County can expect spread within our community during 1-3 waves, each lasting up to 12 weeks. While Champaign County has been spared thus far, we expect, and are planning for much more illness in our community this Fall and Winter (our flu season). Flu spreads faster in the winter months when people are inside more.

What are the symptoms of H1N1 flu?

Symptoms of H1N1 influenza are similar to seasonal flu and include fever, cough, sore throat, body aches, headache, chills and fatigue. Some people have also reported diarrhea and vomiting.

How do you catch H1N1 flu?

Influenza is thought to spread primarily person-to-person through coughing or sneezing by infected people, or when someone touches something with flu viruses on it and then touches their eyes, nose or mouth. Infected people may be able to spread the virus to others beginning one day (24 hours) before symptoms develop, and up to seven or more days after becoming sick. This means it is important to cough and sneeze into your sleeve EVERYTIME, avoid touching your face, and wash your hands often.

What's the incubation period for H1N1 flu?

Flu symptoms usually develop within three to four days of contact with an infected person, though it may take up to seven days. If you know you were around a person with flu, you could potentially develop it for up to 7 days after.

How long a virus lives on inanimate surfaces?

There are many variables such as surface material, air temp., UV light, humidity, what fluid the virus is present in, etc. that will influence this. The best answer is anywhere from a minute to 48 hours. I have not seen anything, any where that would indicate that the virus could survive more than 48 hours outside of the body.

One good explanation is: The H1N1 flu virus can live outside the body on hard surfaces, such as stainless steel and plastic, for 24-48 hours and on soft surfaces, such as cloth, paper, and tissues for less than 8-12 hours; however, it can only infect a person for up to 2-8 hours after being deposited on hard surfaces, and for up to a few minutes after being deposited on soft surfaces. That is why we encourage people to cough and sneeze into their sleeves. The virus will die fast there...AND we do not use our sleeves to touch things such as door knobs, light switches, keyboards, etc.



How long does the virus live in the air?

The H1N1 and other flu viruses are spread through droplets. This means that if someone coughs or sneezes, droplets can be propelled into someone's eyes, nose or mouth. It is not "airborne" like TB, chickenpox or measles.

Most cough, cold and flu viruses are thought to be passed from person to person by contact with respiratory droplets.

Contact can occur by direct bodily contact (such as kissing) or touching something with virus on it (such as shaking hands with someone who has the flu) and then touching your mouth, nose or eyes.

Respiratory droplets are generated by a person coughing or sneezing and can be propelled right into your eyes, nose or mouth over short distances.

Adults may be able to infect others beginning one day before getting symptoms and up to one week after getting sick. Children can be infectious even longer, sometimes up to several weeks. That means that you can give someone the flu before you know you're sick as well as while you are sick.

What can I do to protect myself from getting sick?

Wash Your hands OFTEN!

Wash your hands often with soap and water. Wash thoroughly between your fingers and around your nails. Alcohol-based hands cleaners are also effective. This is especially important after you have touched common shared surfaces. Make sure you wash your hands after you have been in public!

DON'T TOUCH YOUR FACE!

Humans touch our faces an estimated 200 times per day! Avoid touching your eyes, nose or mouth. Germs can get in this way and make you sick!

What should I do if I develop flu-like symptoms?

STAY HOME! Do not go to work, school, or into public until 24 hours AFTER your fever is gone (without using fever-reducing medications). Stay away from others to prevent spreading the flu. Your mild case could prove to be a serious or fatal case in someone you infect.

If you are PREGNANT, have ASTHMA or other breathing problems, are IMMUNE COMPROMISED, if you have an underlying medical condition such as HEART DISEASE, DIABETES or other medical problems CALL YOUR HEALTH CARE PROVIDER IMMEDIATELY. Your health care provider will evaluate you to determine if you could benefit from treatment. Call first.



These underlying conditions have been associated with serious complications requiring hospitalizations. These conditions have also been associated with many of the fatal cases.

Cough and sneeze into your sleeve EVERYTIME!

This prevents you from spraying germs into the air (where people could breathe them in) and onto surfaces. If you cough or sneeze into your hands, even if you use a tissue, you will get germs onto you hands. You can then spread those to others through touching them or touching shared surfaces such as doors, faucets, light switches, keyboards, pens, etc.

Are there confirmed cases of H1N1 flu in Champaign County?

Yes. There have been 8 laboratory confirmed cases of H1N1 as of 09-07-09. Two cases required hospitalization. There are currently about 10 cases diagnosed on the UI campus each day. We also know that physicians and the emergency departments are starting to see an increase of influenza-like illnesses (ILI) in our community. These are assumed to be H1N1 even without testing. H1N1 is the only flu currently circulating in our community. There have likely been many other cases that were not reported. Many times people with H1N1 recover at home without medical intervention. Champaign County will not be spared during a pandemic. We do, through individual behaviors, have the ability to limit the spread. DO YOUR PART!

What do I do if I have flu? When can I go back to work or school or into public?

People with influenza-like illness should stay home for at least 24 hours after their fever is gone (without the use of fever-reducing medicine).

A fever is defined as having a temperature of 100° Fahrenheit or 37.8° Celsius or greater. It is the responsibility of each person to avoid the potential of spreading illness to others. Plan now. Make sure you have enough food and medications to remain in your home until you are no longer infectious. Make a plan for what you will do if you or your family members get sick.

Should I get a regular seasonal flu shot this year?

YES. Getting a flu shot is important to your health and the health of others. CUPHD will provide seasonal flu vaccines to the public as usual. We have ordered 1,000 doses. We can order more if necessary. Carle has approximately 50,000 doses, and many



other venues, including Christie Clinic, Provena Medical Group, pharmacies such as CVS, Walgreen's, Walmart, and McKinley Health Center for UIUC students, also offer the seasonal flu vaccine. It is anticipated that there will be an above-average demand for seasonal flu vaccine this year.

This year's seasonal vaccine contains:

- an A/Brisbane/59/2007 (H1N1)-like virus (**NOT** the current Novel H1N1).
- an A/Brisbane/10/2007 (H3N2)-like virus.
- a B/Brisbane/60/2008-like virus.

Seasonal flu vaccine does not offer protection against Novel H1N1, but it is still important for persons to take it. Taking the flu shot will protect an individual from the three strains of seasonal flu that have been circulating prior to and during H1N1 pandemic. Persons should take the vaccine to prevent additional stress on the health care system caused by seasonal flu and its complications (bacterial pneumonia) and the business sectors.

Can I get the flu from a flu shot?

NO! Flu vaccinations contain "killed virus". You can not get the flu from that. The vaccine just helps your body's immune system recognize & attack the flu virus if you are exposed to it. You do not have full immunity from a flu shot until a couple of weeks after you take it. During that time you can still be infected with flu. If you have ever become sick with Flu after taking the flu shot, that is a coincidence. You were either already infected and hadn't started showing symptoms or you were infected in the two weeks after you received the shot. It is also possible that you can be infected with a strain of flu that is not included in the flu vaccine, therefore you do not have any protection against it.

How effective is the seasonal flu shot?

A well-matched strain, tested in healthy, young adults has an effectiveness range of 70-80%. This means that prevention measures are important even once the vaccine has been given.

When & where can I get a seasonal Flu shot?

Walgreens has already started offering flu shots. Champaign-Urbana Public Health District will hold our Drive-thru flu clinic, rain or shine, on September 17 and 18 from 7:00AM until 7:00 PM each day. Seasonal flu shots cost \$35 and pneumonia shots are \$52. We accept MEDICAID, MEDICARE, cash, credit, debit, checks. WE DO NOT ACCEPT PRIVATE INSURANCE.



Everyone is urged to get a seasonal flu shot this year. If you have health insurance, please check with your primary care provider about start dates for their flu shot clinics.

Is there a vaccine available to protect me against H1N1 flu?

Vaccines for H1N1 are in clinical trials at this time. We expect to start vaccinating priority populations by November 2009. This is subject to change based upon when we receive the vaccine.

I had the “Swine Flu” shot in 1976-1977. Do I still need to get the H1N1 flu shot?

Yes. There is no known immunity to the current novel H1N1 from the 1976 vaccine.

Who will get the H1N1 shots first?

The Advisory Committee on Immunization Practices (ACIP) picked five target groups for initial immunization because of their increased risk of H1N1 infection or complications or their contact with vulnerable people:

- Pregnant women
- Household contacts of babies under 6 months of age
- Healthcare and emergency medical services (EMS) workers
- Children and young people aged 6 months through 24 years
- People between 25 and 64 years who have chronic medical conditions

But if we receive a limited supply, which it now appears likely, at least for the first shipment, the five groups will be as follows:

- Pregnant women
- Healthcare and EMS workers who have direct contact with patients or infectious substances
- Household contacts of babies younger than 6 months
- Children aged 6 months through 4 years
- Children and adolescents from 5 through 18 years who have risk factors for flu complications

Healthy people between the ages of 25 and 64 can be immunized after the demand from the target groups has been met, said the committee, which advises the CDC.

Because people 65 and older seem to have a lower risk of H1N1 infection than younger people, they can be vaccinated as supplies permit and other groups are served.



Without testing, how will we know when H1N1 is in our community?

Champaign-Urbana Public Health District collects and analyzes information from a variety of sources, emergency rooms, patient advisory nurses, 911 calls, and school absences.

This data is part of a system called “syndromic surveillance”—which measures symptoms, not laboratory-confirmed cases. This will allow CUPHD to determine the extent of spread of an illness in our community. It is important that places such as congregate living facilities, daycare centers, etc. contact us when they notice anything unusual, such as an unusual number of illnesses. CUPHD will then investigate. CUPHD also gets copies of all laboratory confirmed cases that occur within Champaign County. This also includes persons hospitalized or tested in Champaign County, but who live in another county. All of the data allows us to get a good picture of what is going on in Champaign County.

What roles do schools play?

Schools are a valuable asset in monitoring disease activity in any given community. CUPHD has asked all schools to report their absences, DAILY, to Absences@ncsa.illinois.edu.

All public, private, and parochial schools in Champaign County have been working hard to educate their faculty, staff, and children about H1N1 and prevention measures. Parents have **the key role** to play in preventing the spread of H1N1 in schools. If their children are sick, they must keep them home for at least 24 hours after their fever is gone. Kids should not go to schools, daycare, stores, etc. if they have a fever. They need to stay home, away from others.

C-U Public Health is working with Champaign County schools to create on-site school-based clinics. Children with signed consent forms may be able to get their H1N1 vaccinations in schools. This will make it much easier for children to get their vaccinations. Vaccinations against H1N1 will be FREE, and VOLUNTARY.

REMEMBER:

Using basic, simple public health measures makes a huge difference in slowing the spread of influenza within a community. We must all practice, teach, and demand the following:



- **STAY HOME WHEN YOU ARE SICK** (Flu is very contagious!! One person can infect many others).
- **KEEP YOUR KIDS HOME WHEN THEY ARE SICK** (Schools and daycares can spread the virus widely around the community).
- **DO NOT TOUCH YOUR EYES, NOSE, or MOUTH** (as this is one way to get the flu virus into your body)
- **COUGH AND SNEEZE INTO YOUR SLEEVE** (to prevent getting virus into the air and onto your hands which will then be spread to others through door knobs, faucets, grocery carts, etc.)
- **WASH YOUR HANDS FREQUENTLY** (to remove any virus that you may have picked up from shaking hands or touching a contaminated surface such as door knobs, faucets, etc.)

We must demand these behaviors in ourselves, our families, our colleagues, and the community. What could be a self-limiting illness in one person could prove to be deadly in another.

CASE TOTAL UPDATE:	<u>Cases</u>	<u>Hospitalizations</u>	<u>Deaths</u>
Champaign Co.	8	2	0
Illinois	-	412	17
United States	-	9,079	593
Worldwide	-	-	2,837

Illinois Information: www.idph.state.il.us
IL Ready: www.ready.illinois.gov/
CDC H1N1 Site: www.cdc.gov/h1n1flu/



Free Resources Available:

CUPHD has infection control classes for adults. We will come to groups, businesses, etc. to provide this training.

CUPHD is working on a free DVD to share with agencies, schools, etc. in Champaign County. This will include “Germ Busters” for grades K-5, “Germ Warfare” for grades 4-8 “The FluRu Talks to Teens about H1N1” for middle and high school students, “H1N1: get the Facts” for adults.

Printable posters and information is available in English and Spanish on www.c-uphd.org or www.champcoprepares.org .

Additional information is added regularly on our *Facebook* page, “Champaign County Prepares”. Become a FAN to receive updates or post questions. You can also view local news coverage, “H1N1: Get the Facts” and other information.

To ask specific questions, e-mail Julie Pryde, Administrator, CUPHD jpryde@c-uphd.org

*CUPHD will send these updates out throughout the pandemic. The goal is to provide staff, our community partners, and our community with useful information. This information **is** available for duplication and distribution. We welcome suggestions and input. DO NOT HESITATE TO CALL WITH QUESTIONS OR CONCERNS!*



PublicHealth
FORWARD THROUGH TOGETHERNESS

Champaign-Urbana Public Health District

- H1N1 FLU -

Stop The Spread Of Flu

- STAY HOME IF YOU ARE SICK.
- Avoid touching your eyes, nose or mouth. You can infect yourself this way.
- Cover your coughs and sneezes with your sleeve.
- Wash your hands often, with soap, for at least 20 seconds.
- Use alcohol-based hand sanitizers when you can't wash your hands.
- Keep commonly-touched surfaces like keyboards, pens, doorknobs, phones, sanitized.

What to do if you get an Influenza-like illness

(fever of 100 degrees or higher, cough, sore throat, body aches, and possibly diarrhea or vomiting)

- STAY HOME until 24 hours after your temperature returns to normal (98.6) without taking any fever-reducing medicines (Tylenol, Advil, etc.)
- If you are in a high-risk group: Pregnant, asthma, heart disease, immune compromised, diabetes, or other underlying health conditions CALL YOUR HEALTHCARE PROVIDER IMMEDIATELY.
- Most cases of H1N1 are similar to seasonal flu and people get better in a week or so without seeing a healthcare provider. Some cases, however, can turn serious. Call your healthcare provider for advice.

H1N1 Flu Information Line: 1.866.848.2094

Additional Informational Resources
www.c-uphd.org
www.champcoprepares.com

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